Oops! I Did It Again



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音乐: Oops!... I Did It Again - Britney Spears



PART A - VERSE

1	Step right foot forward touching both hands up on the sides of your head
2	Touch left toe behind right foot dropping both hands down with palms facing outwards
3&4	Turning ½ turn back left shuffle forward left stepping left-right-left
5-6	Step right foot out to the right side, rolling hips around out to the right and then to center
7&	Kick right foot forward, stepping right foot out to the right side
8	Step left foot out to the left side
1&	Pop right knee in to center, popping right knee back out to original position
2	Stomp left foot together beside right (keeping weight on right foot)
3&	Step back onto left foot, stepping forward onto right foot turn ½ turn right
4	Step left foot back
5	Rock right foot back looking over your right shoulder
6	Rock weight forward onto left looking back to original wall
7&	Scuff right foot beside left foot (so your right knee is hitched), scoot forward onto left foot
	keeping right knee hitched
8	Touch right heel forward
1-2	Touch right toe out to the right side, scuff right foot beside left foot
3&	Turning ¼ turn left step right foot out to the right side, stepping weight back onto left foot
4	Step right foot together beside left (changing weight onto right foot)
5-6	Turning ¼ turn left step left foot forward, step right foot around a further ½ turn left
&7	Stepping forward onto left foot, step right foot around ½ turn left
&8	Stepping left foot back around a further ½ turn left, step right foot out to the right side
1	Touch right hand across body onto left hip turning head ¼ turn over the left shoulder
2	Touch right hand back onto the right hip turning head ¼ turn over the right shoulder
3	(Keeping head in that position) touch left hand across body onto right hip
4	Touch left hand back onto the left hip turning head 1/4 turn over the left shoulder (hands
	should be on hips now)
5&	Turning ¼ turn left step left foot forward, stepping right foot around further ½ turn left
6	Turning around a further ¼ turn left step left foot out to the left side (360 spin to the left)
7&	Step right foot behind left foot, turning ¼ turn left stepping left foot forward
8	Step right foot out to the right side
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&1-2	Stepping onto left foot, step/cross right foot over left foot unwinding ½ turn left
3&4	Stomp left heel beside right foot, stepping left foot back, touch right heel forward
& 5-6	Stepping right foot together beside left, step left foot forward, pivot ½ turn right
7-8	Step left foot forward, hitching right knee turn around ¾ right
4	Ctanning right fact out to the right aids dis him days and to the right aids
1	Stepping right foot out to the right side dip hips down and up to the right side
2	Dip hips down and up to the left side
&3-4 5-6	Stepping left foot together beside right, step right foot forward, pivot ½ turn left
5-6	Rock forward onto right foot, rock weight back onto left foot
& 7-	Turning around ½ turn back right stepping right foot forward, step left foot forward pivot
8	Half turn right (ending with weight on right foot)

PART B - CHORUS

1	Step left foot forward on a 45 angle left dropping your head to look at your left foot and pointing fingers of both hands down to the ground (straightening back up to front wall)	
&	Stepping right foot forward on a 45 angle right	
2	Touch left toe in place (so left heel is up in the air) bringing head back up and pointing fingers of both hands up into the air	
&	Jumping onto left foot out to the left side	
3	Touch right toe in place (so right heel is up in the air) bringing both hands down to left side	
&	Jumping onto right foot out to the right side	
4	Touch left toe in place (so left heel is up in the air) bringing both hands down to right side	
&	Jumping onto left foot out to the left side	
5-6	Step/cross right foot over left foot, unwinding around a full turn left	
7&	Step right foot out to the right side, stepping weight back onto the left foot	
8	Step right foot together beside left (keeping weight on left foot)	
&	Jumping onto right foot out to the right side	
1-2	Step/cross left foot over right foot, unwinding around a full turn right	
3&	Step left foot out to the left side, stepping weight back onto the right foot	
4	Step left foot together beside right (keeping weight on right foot)	
&5&6	Stepping left foot back, shuffle forward right stepping right-left-right	
&7&8	Hitching left knee, shuffle forward left stepping left-right-left	
1-2	Stomp right foot out to the right side, hold	
3-64	Count body roll, rolling body up, then down and then back up	
7&	Step right foot back, stepping weight forward onto left foot	
8	Stomp right foot together beside left (keeping weight on left foot)	
1	Turning ½ turn back right step right foot forward	
2	Step around a further ½ turn right with the left foot	
3	Step around a further ½ turn back right with the right foot	
&4	Stepping left foot out to the left side, step right foot in place	
The following beats 5&6 are all done with your right hand and your feet are stationary		
5&	Touch right hand on your heart, pointing right hand out to the right side	
6	Point right hand across body and out to the left side	
7	Jumping feet together bring right hand back to your heart	
8	Point right palm of right hand out in front of your body	
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The sequence of the dance matches the song with Part A going with the verses and Part B going with the chorus. The order is A,B,A,B,B,B. This is fairly easy to remember as the music helps you out a lot. During the third Part A of the sequence, the music slows down and stops. Then Britney talks to a guy for a short period of the song. Here you will stop the dance. After the first 16 beats of Part A (where your right heel should be touched forward) you will hold there for the talking period and start the dance as you normally would from that position with count 17 and etc. After Britney says" Ohh you shouldn't have" a bang will be heard and that's when you will start and continue with count 17 as you normally would on that bang. Then follow sequence through.